

SAMHSA'S Wellness Initiative

SAMHSA envisions a future in which people with mental and substance use disorders pursue optimal health, happiness, recovery, and a full and satisfying life in the community via access to a range of effective services, supports, and resources.



Substance Abuse and Mental Health Services Administration



www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)

Wellness is physical, emotional, social, occupational, intellectual, financial, environmental, and spiritual.

WHAT IS WELLNESS?

Wellness incorporates many dimensions of health: physical, emotional, financial, social, occupational, intellectual, environmental, and spiritual.

Dr. Sarah R. Linde-Freucht of the U.S. Department of Health and Human Services said that "health relates broadly to how an individual functions in one's life, the quality of one's relationships, and how one adapts to change and copes with difficulties."

The new focus on wellness highlights the importance of recovery from mental illnesses. By pursuing wellness, we can reduce the disparity in mortality for people with mental illnesses, which is far greater than any other population.*

"People with mental illnesses die decades earlier than the general population."

—National Association of State Mental Health Program Directors

WHY IS WELLNESS IMPORTANT?

Recent studies have found that increased morbidity and mortality are largely due to treatable medical conditions that are caused by modifiable risk factors such as smoking, obesity, substance use, and inadequate access to medical care.**

*Source: Institute of Medicine. (2005). *Improving the Quality of Health Care for Mental Health and Substance Abuse*.

**Source: National Association of State Mental Health Program Directors. (2008). *Measurement of Health Status for People with Serious Mental Illness*.



THE EIGHT DIMENSIONS OF WELLNESS*

- **PHYSICAL**—Recognizing the need for physical activity, diet, sleep, and nutrition.
- **EMOTIONAL**—Coping effectively with life and creating satisfying relationships.
- **SOCIAL**—Developing a sense of connection, belonging, and a well-developed support system.
- **OCCUPATIONAL**—Personal satisfaction and enrichment derived from one's work.
- **INTELLECTUAL**—Recognizing creative abilities and finding ways to expand knowledge and skills.
- **FINANCIAL**—Satisfaction with current and future financial situations.
- **ENVIRONMENTAL**—Good health by occupying pleasant, stimulating environments that support well-being.
- **SPIRITUAL**—Expanding our sense of purpose and meaning in life.

*Source: Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29(4), 311–314.

What makes us well differs from person to person. How do the **Eight Dimensions of Wellness** apply to you?

SAMHSA'S WELLNESS INITIATIVE

The Federal Government has spearheaded a major cross-governmental, public/private initiative to transform delivery of the Nation's mental health services into a system based on the expectation of recovery.

Through its Wellness Initiative, SAMHSA pledges to promote wellness for people with mental and substance use disorders by motivating individuals, organizations, and communities to take action and work toward improved quality of life, cardiovascular health, and decreased early mortality rates.

To learn more and sign the Pledge for Wellness, visit <http://www.samhsa.gov/wellness>.

FOR MORE Information

- Substance Abuse and Mental Health Services Administration (SAMHSA)
<http://www.samhsa.gov>
- FDA Office of Women's Health
<http://www.fda.gov/womens>
- Million Hearts™
<http://www.millionhearts.hhs.gov>
- U.S. Department of Health and Human Services
<http://www.hhs.gov>
- Center for Psychiatric Rehabilitation
<http://www.bu.edu/cpr>
- National Alliance on Mental Illness (NAMI)
1-800-950-NAMI (1-800-950-6264);
<http://www.nami.org>
- The National Empowerment Center
1-800-POWER2U (1-800-769-3728);
<http://www.power2u.org>
- The National Wellness Institute
<http://www.nationalwellness.org>
- Health Finder
<http://www.healthfinder.gov>
- National Recovery Month
<http://www.recoverymonth.gov>
- Healthy People 2020
<http://www.healthypeople.gov/2020>
- FAVOR (Faces & Voices of Recovery)
<http://www.facesandvoicesofrecovery.org>

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Support SAMHSA's efforts by signing the **PLEDGE FOR WELLNESS** to promote wellness for people with mental and substance use disorders by taking action to improve the quality of life and reduce early mortality.

SAMHSA'S Wellness Initiative

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